

## Nine Tips to Help Care for your Skin Infection

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Wash your hands	Use soap and water for at least 15 seconds: <ul style="list-style-type: none"><li>• After using the toilet;</li><li>• After touching your skin infection or bandages; and</li><li>• Before eating.</li></ul>
Bathe	Bathe at least once daily using soap and after all athletic practices and competitions.
Change into clean clothes	Change into clean clothes after all athletic practices and competitions. Change clothes if wound drainage gets on clothes.
Launder clothes and towels	Wash athletic uniforms and towels after each use. Use detergent and bleach as appropriate. Dry thoroughly.
Do not share personal items	Do not let others use your personal items such as razors, nail clippers, clothing, towels, washcloths, bar soap or deodorant
Keep wounds covered	Change your bandage if soiled with drainage. Place used bandages in a bag and discard in trash, then wash hands. Do not let others touch your infection and do not squeeze or pop pimples or boils.
Take antibiotics appropriately	Take medication exactly as prescribed. Complete entire course even if you feel better. Do not share medication.
See your health care provider	Contact your health care provider if your skin becomes red, swollen, painful or is draining pus.
Seek immediate medical attention	See your healthcare provider immediately if you have a fever, chills, red streaks from infected area or drainage increases

## Resources on Skin Infection Care

All information presented is intended for public use.  
For more information, please refer to:  
<https://www.cdc.gov/antibiotic-use/skin-infections.html>